



St. Clair High School

2024-25

High STEP

Health Science Academy

A program of SCSC

Find more information at: <https://www.mnscsc.org/services/high-step>



FREQUENTLY ASKED QUESTIONS

1. What is the High Step Health Science Academy?
 - a. It is a collaboration between area school districts, South Central Service Cooperative, and South Central College to pool resources and offer hands-on experiences to students who are interested in health-related careers.
 - a. You will have a combination of blended learning and online learning courses.
2. Where and when will it be held?
 - a. We will partner with area schools and it will be held at various medical sites.
 - b. 1st-year courses typically meet once a week face to face with the rest online, in addition to some clinical hours.
 - c. 2nd-year courses will follow a similar schedule with clinical hours.
 - d. These are based on schedules from past years and are subject to change.
3. How many credits will a student earn?
 - a. .5 credits per semester.
4. What courses would I miss out on at St. Clair?
 - a. We will do our best to avoid required courses during these times, but this is not a guarantee.
 - b. The final schedule has not been determined.
5. What courses will be taught in the High Step Academy?
 - a. Tentative course descriptions are in this packet.
 - b. Courses are listed but may be altered, and under the control of an outside institution so we do not control its content or delivery of instruction.
6. How will students be transported?
 - a. Students must provide their transportation.
 - b. Carpooling with other students may be an option.
 - c. A release form signed by a parent or guardian will be required.
7. What happens if the weather turns bad or school schedules conflict?
 - a. When class is in session students are expected to attend, unless weather-related.
 - b. If inclement weather occurs and St. Clair is two hours late or closed, students will not go, however may be required to meet online.
 - c. Communication will be set up with the instructors and schools to ensure the safety of the students comes first.
8. What will it cost?
 - a. The predicted cost is minimal to any student with the possibility of special clothing or supplies that are needed for classroom activities or work experience. Scrubs will be needed and paid for by the student through the program. **Do not** buy them on your own.
 - b. This would be no different than supplies paid for a shop class, art class, or any other class that has projects.
9. Will I be allowed to drop the program if I want to?
 - a. The program will be treated as any other course offerings and the student is typically not allowed to drop once enrolled.
 - b. It is very important to be committed to this program for the entire year. A student who drops out of the program places the future of the program in jeopardy.
 - c. Dropping the course may also result in the student reimbursing the district for the cost of tuition that it is required to pay.
10. Where am I able to find out more about the course curriculum that may be offered?
 - a. The following pages give course descriptions that we are hoping to offer.
 - b. More curriculum information can be found at the following website;
<https://www.mnscsc.org/services/high-step>



Health Science Career Academy Course Descriptions

Health Science Technology (SCC -Health Care Core Foundations HC1525)

4 SCC Credits

Prerequisite: None, Program Application Required

Format: Blended

Fall Semester, Junior Year

This course will focus on the requirements needed by healthcare professionals to effectively work in a variety of healthcare settings. This course prepares healthcare professionals to work efficiently in various healthcare settings. It focuses on developing essential workplace skills such as accountability, responsibility, and effective communication. The course also emphasizes healthcare ethics, legal issues, safety standards, and personal wellness for healthcare professionals. It is a part of the Minnesota Health Care Core Curriculum and provides a foundation for exploring careers in mental health.

Medical Terminology

(SCC – Medical Terminology HC1000)

Prerequisite: None

Format: Blended

Spring Semester, Junior Year

Medical Terminology for Healthcare Professionals is a comprehensive course designed to provide students with a strong foundation in the language of medicine. This course will teach students the essential skills and knowledge to understand, use, and communicate medical terminology effectively in various healthcare settings. By the end of the period, students will be proficient in building, spelling, pronouncing, and analyzing medical terms. They will also gain a deep understanding of the body systems' major structures, functions, and medical specialties.

Basic Nursing

**1 HS Semester Credit/Certificate
Foundations HC1525)**

**Prerequisite: Health Science Technology (SCC -Health Care Core
Foundations HC1525)**

Format: Blended

Fall or Spring Semester, Senior Year

This course fulfills federal and state requirements to be eligible for the state test to become an NA-R. It covers basic human needs and the health/illness continuum. The course prepares students to perform basic nursing skills safely, which is essential to function as a Nursing Assistant. Minnesota State Colleges and Universities have developed this 80-hour curriculum. Students will participate in online curriculum studies, laboratory skills, and clinical rotations to gain hands-on experience. Upon course completion, students will be qualified to take the Competency Evaluation at an approved Minnesota Technical College test site.

Sports Medicine: Introduction

1 HS Semester Credit

Prerequisite: Health Science Technology

Format: Online Fall Semester, Senior Year

Looking for a career in sports medicine? It's a broad field that includes nutrition, healthy lifestyle, fitness, anatomy, biomechanics, and exercise. Explore popular career paths, day-to-day duties, emergency care for athletes, and legal obligations. Get started in this fascinating field today.

Sports Medicine: Injury Prevention

1 HS Semester Credit

Prerequisite: Sports Medicine 1a: Introduction

Format: Online

Spring Semester, Senior Year

Get ready to take your knowledge of human biomechanics to the next level with Sports Medicine 1b: Injury Prevention. You'll expand your understanding of the human body, learn how to evaluate, and prevent injuries and become an expert in keeping athletes functioning at their peak. Let's hit the field of sports medicine!

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121 Main Street West / PO Box 99 St. Clair MN 56080-0099



Anatomy and Physiology: Introduction

1 HS Semester Credit Prerequisite: Health Science Technology

Format: Online Fall Semester, Senior Year

Learn how to understand the human body by studying anatomy and physiology. Discover the functions and diseases of skeletal, muscular, nervous, and cardiovascular systems, as well as cell structure and processes.

Anatomy and Physiology: Discovering Form and Function

1 HS Semester Credit Prerequisite: Anatomy and Physiology Introduction Format: Online Spring Semester, Senior Year

Explore more body systems and their interrelation. Learn about the lymphatic, immune, respiratory, digestive, urinary, and endocrine systems, reproductive systems, genetics, and accurate patient documentation. Understand the technology used in healthcare.



South Central Health Science Career Academy



Revised 10/17/23

Junior Year

Senior Year

Semester 1

Semester 2

Semester 1

Semester 2

Health Science Technology

2 HS Semester Credits
4 SCC Credits

Medical Terminology

2 HS Semester Credit
3 SCC Credits

Basic Nursing – available Semester 1 OR Semester 2

1 HS Semester Credit/1 credential
Nursing Assistant Registry (NAR) Credential Exam

Sports Medicine Introduction

1 HS Semester Credit

Sports Medicine Injury Prevention

1 HS Semester Credit

Anatomy & Physiology Introduction

1 HS Semester Credit

Anatomy & Physiology Discovering Form & Function

1 HS Semester Credit



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I, _____, give permission to my son or
Please Print
daughter, _____, to enroll in the
Please Print

High Step Academy that will be taught in Waseca and/or various medical sites as well as online for the 2024-25 school year. I understand it will be the responsibility of the student, parent, or guardian to provide his/her transportation to and from the Academy. I also understand it will be the responsibility of the student to communicate with his/her instructor if any transportation issues arise during the school year.

I further understand that my child's safety is the number one concern and will hold my son/daughter accountable for any questionable behaviors that may result in transporting him or herself to the Academy.

I understand that the St. Clair School schedule will be followed and if there are any delays due to inclement weather, the student will be excused from driving to the Academy. In addition, it will be the student's responsibility to communicate with the instructor in regard to any missed class time or assignments due to conflicting schedules or inclement weather.

I understand that this is a full-year program that the district is billed based on the number of students that sign up in the spring. I agree to reimburse the district the amount the district is billed if my son/daughter drops the course. The amount the district is billed is based on the number of students enrolled.

I have read and agree with the statements in this document and give my permission for my son/daughter to enroll in the High Step Academy.

Parent Signature: _____

Date: _____

In case of an emergency, the above parent can be reached at the following phone number:

Student Signature: _____

Date: _____

*** This form needs to be on file in the high school office before a student will be enrolled in the academy.